

Year 12 summer work - instructions

In the start of September, you will be starting the unit 2 exam content, this is called Fitness training for health and performance.

This exam is a 2 hour and 30 minute exam consisting on 6 questions worth 80 marks, Q1 - 12 marks, Q2 - 12 marks, Q3 - 8 marks, Q4 - 8 marks - Q5 - 6 marks, Q6 - 14 marks.

The work the PE team has set out will get you up to speed and also start preparing you for this exam.

Instructions:

1. Go through the tasks one at a time, start at task 1 and move onto the next.
2. Spread the tasks out weekly rather than completing it all at once at the beginning or end of the summer.
3. Your tasks consist of reading through a Google slide booklet - Fill in the gaps and also complete a google form quiz to show your understanding.
4. Your teachers will check this when you arrive in September, it is crucial for us to start identifying what support you may need moving forward.

The exam is this January approaching!